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U.S. DEPARTMENT OF AGRICULTURE

Office of Information

Picture Story No. 81

For Release July 13, 1951



PEACH freezing pointers

1. Sorting peaches, Mrs. Mountjoy selects for freezing those that would be prime for eating--juicy and firm-ripe, with no lingering green that means "not ready." She allows 1 to 1½ pounds of peaches, as bought or picked, for each pint container that will be filled.

271A



2. After washing the fruit, and halving and pitting it, Mrs. Mountjoy removes the skins. For sake of texture, she takes time to peel without the home canner's short cut of dipping peaches in hot, then cold, water to make skins slip easily. The dipping would cause the outer layer to soften in frozen fruit.

272A



Home frozen peaches at their best are delectable eating. Selecting fine peaches is important, but it's not the whole story. Good preparation is important, too, for a happy ending.

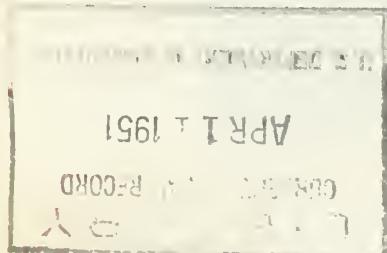
In these pictures, Beatrice Mountjoy, food specialist, of the Bureau of Human Nutrition and Home Economics, prepares sliced peaches with sirup for freezing, according to the Bureau's directions.



3. So that cut fruit won't darken in the air, Mrs. Mountjoy slices peeled peaches directly into cold sirup in a freezer jar. Making sirup is an advance job. It's made by dissolving 3 cups sugar in each 4 cups water. To keep peach color from darkening in the freezer, she adds to the sirup ascorbic acid (vitamin C), putting 1/2 teaspoon (1000 milligrams) in each 4 cups of cold sirup. Ascorbic acid powder or tablets may be bought in drug stores and some freezer locker plants. 273A



4. After pressing the fruit down, Mrs. Mountjoy adds enough cold sirup to cover it. A piece of crumpled parchment or locker paper on top helps to hold fruit under the sirup. She leaves space at top, because fruit will expand in freezing. In containers with straight sides and wide top, like these, head space needed is 1/2 inch for pints, 1 inch for quarts. When jar edges have been wiped clean and dry, lids can be screwed on tightly and peaches are ready for freezing and storage. 285A



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